Resmed

1 in 5

Australians have a diagnosed history of sleep apnea[1] and struggle to sleep well

What is obstructive sleep apnea

OSA is a sleep disorder that occurs when the muscles in your throat relax so much that they restrict airflow. This leads to pauses that last 10 seconds or more. Each pause is known as an apnea.[10]

During sleep, muscles in your throat keep your airway open.

Normal airway

If these muscles relax, the airway contracts, leading to snoring.

When they relax too much, the airway can become blocked causing an apnea.

Obstructive sleep apnea

As your body starves of oxygen with each breathing pause, your sleep is disturbed through the night. OSA has been linked to other health conditions such as obesity, cardiovascular disease and diabetes.[6,8,9]

What can you do if you think you have OSA?

The good news is OSA can be effectively identified, tested and treated. When successfully treated, you can look forward to refreshing sleep and waking up with the energy to do all the things you love to do.

The gold-standard treatment for OSA is continuous positive airway pressure (CPAP) therapy.[11] It is non-invasive and works by delivering pressurised air through a mask into your airways to keep them open.

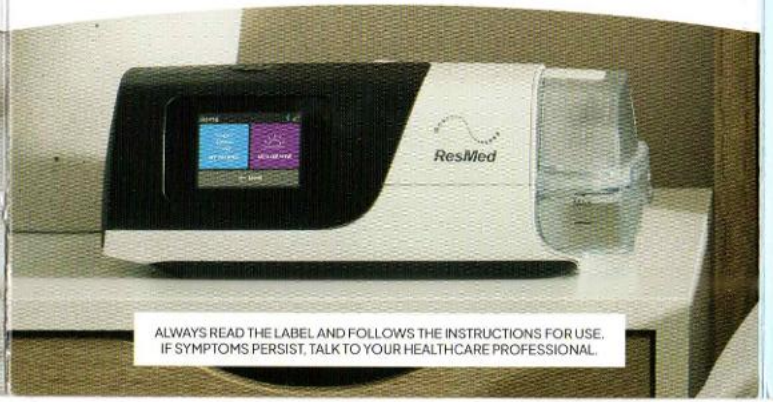
Did you know?

When an apnea occurs, your body senses that you've stopped breathing and negatively disrupts your sleep.

Your brain then wakes you up just enough to start breathing again.

30x every hour[4]

For some people, it can happen up to 30 times or more an hour.[10]



ALWAYS READ THE LABEL AND FOLLOWS THE INSTRUCTIONS FOR USE. IF SYMPTOMS PERSIST, TALK TO YOUR HEALTHCARE PROFESSIONAL.

Your sleep apnea care pathway

Notice & check

Complete the sleep questionnaire in this pamphlet.

Test

Complete a simple one-night home sleep test.

Results

A sleep physician reviews your results and recommends treatment. Book an appointment to discuss your results with your pharmacist.

Treatment

If your results indicate you have sleep apnea, your pharmacist can help you with treatment options that may include CPAP therapy and lifestyle changes.

On-going support

Receive ongoing personalised follow-ups from your pharmacist and digital health insights to track your therapy performance.

Common symptoms of obstructive sleep apnea

Obstructive sleep apnea (OSA) is a sleep related breathing disorder that many people are surprised to find out they have.

Daytime symptoms:[2,3]

- Morning headaches
- Drowsiness
- Poor concentration
- Waking up with a dry mouth
- Irritability
- Sleepiness when driving

Nighttime symptoms:[3]

- Loud snoring
- Gasping for air
- Restless sleep
- Insomnia
- Frequent bathroom visits
- Waking up in sweats

Women can present with different symptoms than men.[4]

While OSA is a common condition, affecting around 35% of men and 20% of women, most people who have it won't know it.[5] Did you know that OSA is associated with common health conditions?

Type 2 diabetes[6]	Resistant High Blood Pressure[7]	Cardiovascular Disease[8]	Obesity[9]
> 55% have OSA	**80%** have OSA	**> 40%** have OSA	**> 40%** have OSA

Your home sleep test appointment is scheduled for

Understanding your results

ESS score

OSA-50 score

ESS score

The Epworth Sleepiness Scale (ESS) determines subjective daytime sleepiness. An ESS score of 8 or higher suggests the presence of at least mild daytime sleepiness.

OSA-50 score

An OSA-50 questionnaire score of 5 or higher indicates a high risk for moderate-to-severe obstructive sleep apnea.

References:
1 Resmed 2024 Global Sleep Survey. 36,000 respondents across 17 markets surveyed as part of 2024 ResMed Sleep Survey between December 2023 and January 2024. 2 WebMD. Sleep apnea symptoms. Published June 8, 2021. https://www.webmd.com/sleep-disorders/sleep-apnea/ symptoms-of-sleep-apnea. Accessed December 20, 2025. 3 Mayo Clinic. Sleep apnea. https://www.mayoclinic.org/diseases-conditions/sleep-apnea/ 4 Fontanilles Arbones E, Salord Oleo N, Gasa Galmes M, et al. Phenotypes of obstructive sleep apnea in women: A real-life cohort study. Sleep Med. 2024;121:295–302. doi:10.1016/j.sleep.2024.07.016 5 Benjafield et al. Lancet Respir Med 2019 6 Reutrakul S, et al. Chest 2017;152:1070–86 7 Logan AG, et al. J Hypertens. 2001;19:2271–2277. 8 Grewal N, et al. Curr Prob Cardiol 2024;49:102139 9 Esmaeili N, et al. Sleep 2024;47:A372–A10 SleepFoundation. (n.d.). Obstructive sleep apnea. https://www.sleepfoundation.org/sleep-apnea /obstructivesleep-apnea 11 Becker HF, Jerrentrup A, Ploch T. Effect of nasal continuous positive airway pressure treatment on blood pressure in patients with obstructive sleep apnea. Circulation 2003;107:68–73
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Could sleep apnea be affecting you?

Let's check your sleep health. Answer the below questions to determine if you may be at risk of obstructive sleep apnea.

ESS Questionnaire

How likely are you to doze off (fall asleep) in the following situations?	No chance	Slight chance	Moderate chance	High chance
Sitting and reading	☐ 0	☐ 1	☐ 2	☐ 3
Watching television	☐ 0	☐ 1	☐ 2	☐ 3
Sitting inactive, in a public space	☐ 0	☐ 1	☐ 2	☐ 3
Lying down to rest in the afternoon when circumstances permit	☐ 0	☐ 1	☐ 2	☐ 3
Sitting and talking to someone	☐ 0	☐ 1	☐ 2	☐ 3
Sitting quietly after a lunch with no alcohol	☐ 0	☐ 1	☐ 2	☐ 3
As a passenger in a car for an hour without a break	☐ 0	☐ 1	☐ 2	☐ 3
In a car, while stopped for a few minutes in traffic	☐ 0	☐ 1	☐ 2	☐ 3

Please calculate your total score by adding the numbers above

Complete both sides and hand to your pharmacist

OSA-50 Questionnaire

Waist circumference
(Measure at the level of the umbilicus)
Male >102cm | Female >88cm

☐ **Yes** (3 points)

Has your snoring ever bothered other people?

☐ **Yes** (3 points)

Has anyone noticed you stop breathing during your sleep?

☐ **Yes** (2 points)

Are you aged 50 years or over?

☐ **Yes** (2 points)

Please calculate your total score by adding the numbers above

Complete both sides and hand to your pharmacist